

Fun n' Fitchburg Mass in Motion Meeting Minutes

June, 30 2010

3:00-4:40 PM

MOC Office –133 Prichard Street

The meeting came to order approximately 3:05PM, with 15 members in attendance.

The mission and vision statements were reviewed

A review of the upcoming audits –when to plan and what to look for.

It was suggested that the audits take place prior to the next meeting –possible before July 28th.

The group leaders will get packets and copy them for the groups. These will include intersection sheets

Mark Jackson would like to attend all audits and requested members contact him as well once scheduled.

Walk-ability audits should include: nutrition and physical activity opportunities along the walk

A list of food establishments and restaurants on the route. This includes convenience stores which sell snack and quick food products as well as all parks.

All reports should also include:

- Three Strengths
 - focus on nutrition and physical activity
- Three areas that need improvement
 - focus on nutrition and physical activity
- List of three recommendations
- Take into consideration CAP strategies
 - Where is public transportation in proximity to where residents cluster/live and does it go the farmers market?
 - Where would you go to eat at a restaurant and which restaurants are in close proximity?
 - Are there parks and trails nearby and if so which ones?
 - Is the area safe (lighting, streets, sidewalks)?

Council members need to be involved – letters will be sent out with the schedules so they may attend the audits

The areas include

Main Street –Nancy

Elm Street-Dottie/Pam

Green Acres-Heidi

Cleghorn-Ayn

Ayn presented a Smart Chart overview from RWJ annual training via Spitfire Strategies. The members broke into working groups that they were interested in working on as determined via Survey Monkey.

Farmers Market/ Restaurants/Crime and Safety /Parks and Recreation. Using SMART chart activity step one, members came up with a goal and objective and listed the decision maker for each group.

Farmers Market –increase consumption of fresh locally grown produce fruits and vegetables.

Mechanisms include: Increase knowledge and importance of Farmers Markets
Increase accessibility to get to Farmers Market through affordable transportation

Restaurants –

Goal 2 non-chain restaurants will participate in Fun ‘n FITchburg’s local restaurant initiative

Identify the restaurants with a high concentration of youth

Identify and adopt nutrition standards using state and other appropriate nutrition standard guidelines

Crime and Safety - make parks safer-identify hot spots look at data and interview residents that frequent the parks

Look at strategies of other places to reduce crime

Advertise the good things that are going on in the parks. Dispel myths and educate public
Mark Jackson also discussed the RAD Program (Rape/Aggression/Defense) class being offered by the Fitchburg Police for women to learn to defend themselves.

Parks and Recreation - increase usage of existing parks and trails in Fitchburg

Increase awareness within the next 12 months - signage – collaborate with local organizations involved in maintaining parks and trails

Increase access to parks

Next meeting –Trolley tour of Parks – date to be determined.

Meeting adjourned at 4:40pm